



Sushi (すし, 寿司, 鮓) is a type of food preparation originating in Japan, consisting of cooked vinegared rice (鮓飯 sushi-meshi) combined with other ingredients (ネタ neta) such as seafood, meat, vegetables....

Sashimi (/sa shi mi / Japanese: 刺身) is a Japanese delicacy consisting of very fresh raw meat or fish sliced into thin pieces.

Rolls

 Eat Fit served with brown rice

Angel Roll \$15.00 Spicy tuna, Snowcrab and Crunchy inside. Escolar, avocado, Wasabi Tobiko on top with Ponzu sauce	Green Flower Roll \$15.00 Tempura Whitefish, Snowcrab, Spicy Tuna, wrapped in seaweed paper and soy paper. Wasabi Tobiko with Eel sauce and white sauce on top.	Scallop Roll  \$10.00 Boiled Scallop and Asparagus
Baked Salmon Roll \$13.00 Snowcrab with asparagus inside. Baked salmon with Seaweed top with Eel sauce (no rice)	Happy Roll \$15.00 Spicy Tuna, Crawfish inside, BBQ Eel, Boiled Shrimp and avocado outside, Topped with Eel sauce and sesame seed	Shrimp Tempura Roll  \$10.00 Tempura shrimp, Cucumber, Avocado, Smelt Roe with Eel sauce
Burning Man Roll \$14.00 Spicy Tuna and crunchy inside. Pepper Tuna, Avocado, Green Onion and sesame seed on top, eel and ponzu sauce.	Louisiana Roll  \$8.00 Spicy Crawfish, Avocado	Sky Roll  \$16.00 Spicy White fish, Snowcrab, inside, Avocado, Tuna and yellowtail outside wrapped with Soybean paper white sauce
California Roll  \$8.00 Crabstick, Cucumber, Smelt Roe, Avocado	Lettuce Wrap Roll \$10.00 Boiled shrimp, Snowcrab, Avocado wrapped in lettuce, no rice, eel sauce.	Snowcrab Roll \$8.00 Snowcrab and Asparagus, Avocado
Caterpillar Roll \$14.00 Snowcrab, BBQ Eel inside, Sliced Avocado with Eel sauce on top.	Mandeville Roll \$10.00 Whitefish, Snowcrab, Asparagus, Smelt Roe, Seaweed paper wrapped and whole roll fried, white and eel sauce	Snowcrab Nurito Roll \$16.00 Snowcrab wrapped with cucumber, no rice, white sauce
Calamari Crunchy Roll \$14.00 Inside with Fried Calamari, Snowcrab Asparagus, Crunchy, sprinkling Smelt Roe on top eel sauce, sesame seed.	Manhattan Roll \$16.00 Fried Soft-Shell Crab, BBQ Eel, Snowcrab, Avocado inside, Smelt Roe topped with Eel sauce	Soybean Paper Roll \$16.00 Red Snapper, Tuna, Salmon, Asparagus, Avocado, Snowcrab, wrapped with Soybean Paper, white sauce
Chef's Special Roll  \$12.00 Yellowtail, Salmon, Tuna, Asparagus, Avocado wrapped in seaweed Paper with white sauce	Metairie Roll  \$8.00 Tuna, Snowcrab, Avocado, topped with eel sauce	Special Crunchy Roll \$10.00 Snowcrab, Asparagus, smelt roe, Crunchy, BBQ Eel with eel sauce.
Chop Chop Roll \$12.00 Crunchy Roll in the middle and top with spicy tuna, spicy salmon and crunchy.	Mississippi Roll \$16.00 Spicy Tuna and Snowcrab inside, Fresh Salmon, Avocado, Smelt Roe and Crunchy on top, eel in white sauce	Special Eel Roll \$10.00 BBQ Eel, Cucumber, Avocado, Smelt Roe, Sesame Seeds topped with Eel sauce
Crunchy Roll \$8.00 Snowcrab, Asparagus, Crunchy	New Orleans Roll \$16.00 Spicy Crawfish, Snowcrab, Avocado inside, Spicy Tuna and Crunchy on top.	Spicy Tuna Roll  \$8.00 Spicy Tuna wrapped in Seaweed paper
Crunchy Dynamite Roll \$9.00 Salmon, Tuna, Crunchy with wasabi sauce	Philadelphia Roll \$8.00 Smoked Salmon, Avocado, Cream cheese	Spider Roll \$14.00 Fried Soft-Shell Crab, Cucumber, Smelt Roe, topped with Eel sauce
Crunchy Salmon Roll \$14.00 Spicy Salmon, Tempura Shrimp, Avocado, smelt roe, Asparagus Wrapped in Soybean Paper, eel sauce	Playboy Roll \$15.00 Coconut Shrimp, snowcrab, avocado inside with tuna, salmon with white and eel sauce on top.	SuperCrab Roll \$16.00 Tempura Crabstick, Cream Cheese, Spicy Tuna inside, Snowcrab outside, eel and white sauce
Cucumber Roll  \$7.00 Cucumber and sesame seed wrapped in seaweed paper.	Rainbow Roll  \$16.00 California Roll inside, with Tuna, Salmon, Yellowtail on top.	Tiger Roll \$16.00 Lemonfish, Tuna, Smelt Roe inside, BBQ Eel, Salmon, Avocado and crunchy on top. eel sauce
Dancing Tuna Roll \$14.00 Spicy Salmon, Crunchy inside with Sliced Tuna, Avocado, white sauce on top.	Rice Paper Roll \$14.00 Tuna, Salmon, Crabstick, Carrot, Lettuce, Asparagus, Cucumber, Avocado wrapped with rice paper served with hoisin and chili sauce (no rice)	Tuna Roll  \$8.00 Tuna wrapped in seaweed paper
Dragon Roll \$16.00 Snowcrab inside, BBQ Eel, Snowcrab, Crunchy on top, eel sauce.	Rock & Roll \$10.00 Tempura Shrimp, Snowcrab, Avocado, Asparagus, Smelt Roe topped with Eel sauce	Tuna Nurito Roll  \$16.00 Tuna, smelt roe and avocado wrapped in cucumber, no rice.
Dynamite Roll  \$9.00 Salmon, Tuna, Wasabi Sauce	Rocky 2 Roll \$12.00 Tempura Shrimp, Snowcrab, Avocado, Asparagus, Smelt Roe topped with Eel sauce in soy paper	Utah Roll \$18.00 Tempura Shrimp, Snowcrab, Avocado, smelt roe, Cream Cheese, Tuna with eel and white sauce.
Fresh Salmon Roll \$8.00 Salmon, Avocado, Smelt Roe	Salmon Tempura Roll \$10.00 Tempura Salmon, Avocado, Cream Cheese, Green Onion served with white sauce and eel sauce	Volcano Roll \$18.00 Salmon, Smelt Roe, Avocado inside, Spicy Tuna, Snowcrab, Crunchy on top, white sauce
Fat J Roll \$17.00 Tempura Shrimp, Snowcrab and smelt roe inside, Tuna, Boiled Shrimp, crunchy on top, wrapped in soybean paper with eel sauce and white sauce		Valentine's Roll \$15.00 Boiled Shrimp, Crabsticks, Avocado, Crunchy and smelt roe wrapped in Soybean Paper and Seaweed Paper with white sauce

Upcharges may apply to substitutions. Brown rice \$1, soy paper \$2, rice paper \$1.

House Special Rolls

 Eat Fit served with brown rice

Angry Dragon \$20.00
Tempura Shrimp, Mango, Snowcrab inside. Eel and Seaweed salad, snowcrab and crunchy on top with eel sauce.

Black & Gold \$16.00
Seared pepper tuna, snowcrab, asparagus. Topped with salmon, avocado, crunchy, smelt roe and black caviar, eel in white sauce

Blossom of Love  \$12.00
Three delicate flowers : Salmon, Tuna, White fish with Snowcrab

City Tuna Roll \$18.00
Spicy tuna, snowcrab, avocado inside, wrapped in sesame soybean paper, top with pepper tuna, crunchy and angel sauce

Decade Roll \$20.00
Tuna, Yellowtail, Salmon, Snowcrab, Crunchy inside. Wrapped in seaweed and Sesame Soybean paper, white and eel sauce

Half and Half \$14.00
Katsu Shrimp, Tempura Shrimp and Lettuce inside, boiled shrimp on top sprinkle with Japanese seasoning, eel sauce

Hawaii Roll \$14.00
Coconut Shrimp, Avocado, Snowcrab, Mango, Lettuce and Spicy Tuna in Rice paper, no rice, top with mango sauce

HWY59 Roll \$14.00
Seared Pepper Tuna, Asparagus, Crunchy inside. Spicy Escolar on top with ponzu sauce.

Kazoku Roll \$20.00
Salmon, Tuna, Tempura Shrimp, Avocado inside. Crabstick, Crunchy and wasabi tobiko on top, in seaweed in soybean paper. eel in white sauce


Lemontree Roll  \$16.00
Spicy Crawfish, Spicy Scallop inside, Lemonfish on top with Avocado and Wasabi Tobiko, seasoned with ponzu sauce

Passion Roll \$13.00
Spicy Tuna, Crunchy inside. Salmon, Mango and Smelt Roe outside with mango sauce.

Spring Girl Roll \$18.00
Spicy Crawfish, escolar, snowcrab and lettuce wrapped in soy bean paper, on top with wasabi tobiko, salmon, boiled shrimp, avocado and lemon sliced with mango sauce.

Salmon on Fire \$18.00
Snowcrab, Spicy Salmon and Asparagus inside with Torch Salmon, green onion and smelt roe on top, ponzu sauce

Showing Roll \$16.00
Escolar, Avocado, Snowcrab, Red Snapper inside. Lemonfish, smelt roe and Scallop on top, ponzu sauce

Spring Mix Roll  \$14.00
Seared pepper Tuna, Spring Mix, Carrot, Cucumber and Snowcrab wrapped in Rice paper with mango sauce, no rice

Under the sea \$22.00
Snowcrab, Salmon, Tuna, White fish inside, wrapped in rice paper, and seaweed paper whole roll tempura fried covered with seaweed salad, no rice

Effervescent  \$22.00
Spicy tuna and avocado inside, top with pepper tuna, baked spicy scallop, jalapeños, smelt roe, green onion with ponzu sauce

Spiderman Roll \$22.00
Pepper tuna, asparagus and crunchy inside; on top with spicy tuna, soft shell crab, crabstick, green onion, angel and eel sauce

White dragon \$20.00
Spicy tuna, avocado, crunchy inside; on top sear spicy albacore, green onion, sesame seed with ponzu chili sauce.



House Special Sushi

Tempura Shrimp Sushi \$10.00
Wasabi Tobiko Salmon / Tuna Sushi \$12.00
Trio Salmon Sushi \$12.00
Trio Tuna Sushi \$12.00
Snowcrab Warship Sushi \$10.00



Sushi

Asparagus \$6.00
Albacore (White Tuna) \$8.00
Boiled Shrimp \$8.00
Baby Softshell Crab \$12.00
Crabstick \$8.00
Eel \$10.00
Escolar \$8.00
Fresh Salmon \$10.00
Hokki Clam \$10.00
Lemonfish \$8.00
Tamago \$8.00
Tuna \$10.00
Octopus \$10.00
Pepper Tuna \$10.00
Red Snapper \$8.00
Smelt Roe \$8.00
Salmon Roe \$12.00
Scallop (Baked/Cold) \$9.00
Squid (Raw) \$9.00
Sweet Shrimp \$12.00
Snowcrab Salmon / Tuna \$12.00
Wasabi Tobiko \$8.00

Sashimi

Blue Fin Tuna \$20.00
Salmon \$20.00
Escolar \$18.00
Pepper Tuna \$20.00
Yellowtail \$20.00
Red Snapper \$18.00
Mix Sashimi \$23.00



Handrolls

Goofy Handroll \$8.00
Pepper tuna, spicy tuna, avocado, green onion and crunchy with ponzu sauce, eel sauce

Spider Handroll \$10.00
Fried soft shell crab, cucumber, smelt roe and avocado with eel sauce

Princess "Yoko" Handroll \$10.00
Yellowtail, spicy salmon, smelt roe and avocado

Boston Handroll \$8.00
Crabstick, lettuce, boiled shrimp, avocado and smelt roe, no rice



Roll Combo

Choice of 2 \$12

California Roll	Philadelphia Roll
Crunchy Dynamite Roll	Snowcrab Roll
Crunchy Roll	Special Crunchy Roll
Fresh Salmon Roll	Spicy Tuna Roll
Louisiana Roll	Tuna Roll

Bowls

Erica Bowl \$12.00
Tuna, avocado, roe, snowcrab, crunchy over rice with eel sauce

Salmon Oyako Bowl \$16.00
Salmon sashimi, salmon roe and smelt roe over rice

Eel Don \$18.00
Grilled BBQ eel over sushi rice with Japanese seasoning and eel sauce)

Skinny Marc Bowl \$15.00
Fried salmon skin, seaweed salad, smelt roe, spicy baked scallop, green onion, sushi rice, eel sauce

Super Bowl \$17.00
Chopped tuna, salmon, pepper tuna, white fish and snowcrab over sushi rice, green onion)

Volcano Bowl \$14.00
Spicy tuna, snowcrab, salmon, avocado, smelt roe and crunchy, white sauce)

Lava Bowl \$16.00
Spicy tuna, Spicy Salmon, green onion

Hawaii Poke Bowl \$16.00
Seasoned Salmon and Tuna, Mango, Seaweed Salad, Avocado Green Onion, Rice Based

Box Sushi

Box Eel \$20.00
Box Salmon \$20.00
Box Tuna \$20.00
Box Special \$22.00
Box Shrimp \$20.00
Box Snapper \$20.00

CONSUMER ADVISORY:
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness especially if you have certain medical conditions

Upcharges may apply to substitutions. Brown rice \$1, soy paper \$2, rice paper \$1.

 Eat Fit Northshore items meet nutritional criteria designated by Ochsner Health System in partnership with St. Tammany Parish Hospital. Visit EatFitNorthshore.com + download Eat Fit app for nutrition facts.